



Crispy Fish Sandwich

My healthy, virtually fat free version of my favorite fast food fish sandwich: The Wendy's Premium Cod Sandwich

I... love... fish sandwiches. Pre-WW my favorite fast food one was the Wendy's 'premium cod fish sandwich'. It was simple, no frills and delicious. It was the hands-down, best 'big chain' fast food fish sandwich out there. Instead of a deep fried fish filet, my version has a breaded and baked cod filets, topped with lettuce, dill pickle slices and my sugar free, nearly fat free tartar sauce. This recipe gives you all of the flavor of the original, with none of the guilt. Sadly, Wendy's doesn't carry that sandwich anymore and their new version isn't nearly as good. But, thanks to this recipe... it's memory lives on. /wipes a tear.

Servings Info.:

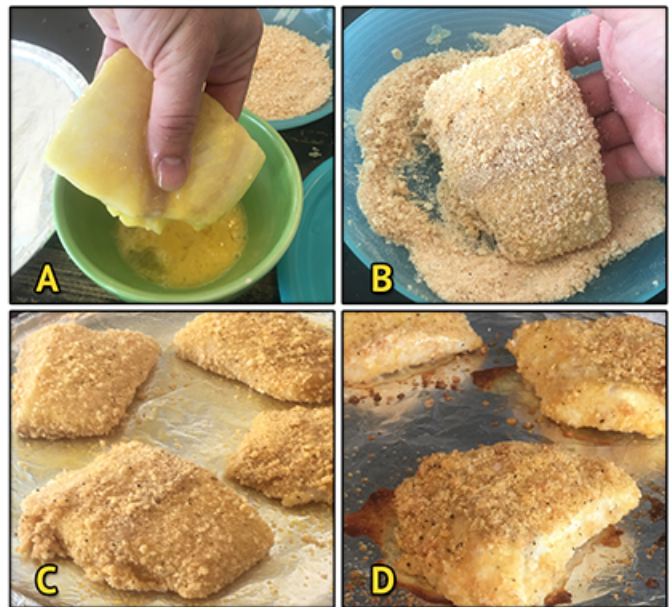
Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich



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2-2

*- last checked 02/23/24 -
Listed Points DO NOT INCLUDE BREAD! Use
whatever bread you want, then add my points to the bread.*

- 3 Turn on your oven, preheating it to 425 degrees. Line a baking pan with foil and spray it with cooking spray. Set aside.



- 5 (A) Dust your patted-dry cod filets with flour, on both sides (see pg. 37). Dredge one of the cod filets in the egg wash, then lift it out of the egg wash and wait a few seconds, to let some of the excess egg drip off. (B) Place the filet into a bowl with the low carb breading, then use your "dry" hand to coat both sides of the fish. (C) Place it on the foil lined pan and repeat till all of the filets are breaded. Spray the tops of the breaded fish with cooking spray, then place in the preheated oven. (D) Bake at 425 degrees for 18-20 minutes. Remove from oven, set aside.

Ingredients:

Fish:

- 4 (4-5oz) cod filets, fresh or previously frozen.

Tartar Sauce:

- 1 batch of my tartar sauce, recipe on pg. 20

Breading: (prepare breading ahead of time)

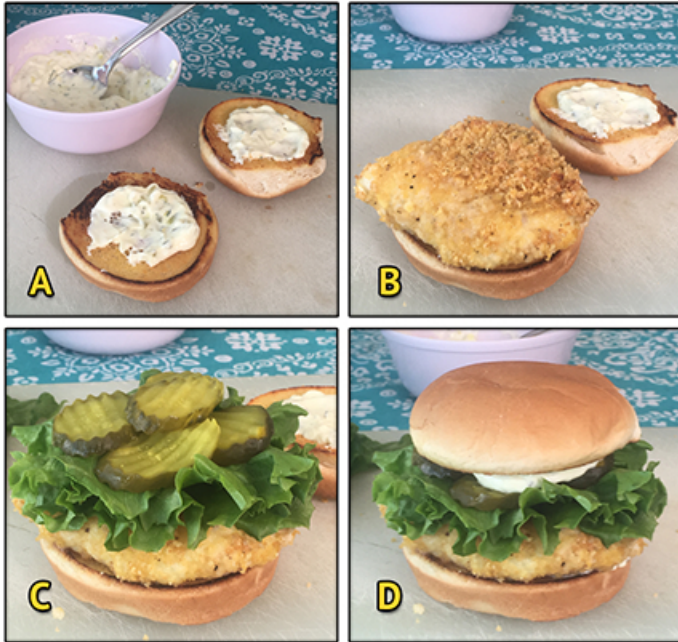
- 1 batch of 'low carb breading', from pg 38-39. Though in this case, we'll be breading fish instead of chicken

Additional Ingredients:

- Dill pickle slices
- Lettuce, any preferred variety (I used 'green leaf' lettuce)

Directions:

- 1 Prepare a batch of my tartar sauce recipe. Cover and set aside in the fridge.
- 2 Use paper towels to pat dry the cod filets. Seriously, sandwich each of the filets between paper towels and press. You want to get as much extra water out of them as possible. If you don't, the extra moisture will seep into the breading, making it soggy. And just like the Star Wars sequels... soggy breading sucks.



NOTES & SUGGESTIONS:

- **FISH:** Though I used Cod in my recipe, you can substitute it for any firm white fish that you'd like. I understand that cod's on the pricier side, in some areas. Catfish, pollock, halibut, heck... even thick tilapia filets would work. There are a lot of less expensive options than cod. Ok Halibut isn't cheap either, but you get the idea.
- **FILET O' FISH?:** Remove the lettuce and pickles, then add 1 slice of low point American cheese on top of the filet. BAM... low point, copycat McDonald's fish filet sandwich, for just 1 more point (the cheese). Most importantly though, to get the texture of a Filet O' Fish sandwich right, **DO NOT TOAST THE BUNS**... use the 'Quick Steamed Buns' method, from pg. 42.
- **DRESSING:** Though my tartar sauce recipe is the bomb... I know not everyone wants to make it (you savages!). Feel free to use any tartar sauce you want, or you can even use *gasp*, ketchup. If you do use store bought tartar sauce or ketchup, remember to adjust your points.
- **LENT:** Just wanted to give a shout out to all of you Catholic homies in the crowd. I may not be one of ya, but I went to 12 years of Catholic School... so, here's your Lent sandwich. You can call it: "The Lentinator". 😊😂

- 5 To assemble the sandwiches, toast the buns, then **(A)** spread 2 Tbsp of the tartar sauce onto the top and bottom of each bun. Yup, each sandwich gets 1/4 cup of tartar sauce. **(B)** Place a baked cod filet onto the bottom bun, then **(C)** top the cod with some lettuce, followed by a few dill pickle chips/slices. I used 5 on mine. **(D)** Finally, top the sandwich with the toasted top bun. Done.

